



smartEducation

Mindfulness Training for Educators: Summer Intensive

SMART™ (Stress Management And Resiliency Techniques) Education is a 9-session, 20-hour evidence-based program designed to address the needs of educators, professional support staff, and those involved in the lives of children and youth.

This evidence-based course trains educators to better manage work-related and personal stress, in order to cultivate emotional balance. SMART integrates the teachings, practices and research from Mindfulness-Based Stress Reduction, emotion theory, and compassion training to address the specific needs and challenges of educators. Each session consists of presentations, group discussion and experiential practices in mindfulness. A 4-hour silent retreat and weekly home practice is also part of the course.

SMART is a secular program, delivered by SMART UBC accredited facilitators. Successful participants receive a Certificate of Completion from UBC Faculty of Education

SMART Summer Intensive format:

Tuesday	July 31	10 a.m. - 3 p.m.	(SMART sessions 1 & 2)
Tuesday	August 7	10 a.m. - 3 p.m.	(SMART sessions 3 & 4)
Tuesday	August 14	10 a.m. - 3 p.m.	(SMART sessions 5 & 6)
Wednesday	August 15	10 a.m. - 3 p.m.	(SMART session 7 - retreat)
Tuesday	August 21	10 a.m. - 3 p.m.	(SMART sessions 8 & 9)

Facilitators: Heidi Bornstein & Stephen Chadwick

Contact: heidi@mindfulnesseveryday.org Tel: (416) 267-4707

Registration: www.mindfulnesseveryday.org/schedule.html#CoursesForEducators



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For more information on SMART, visit: smartUBC

The course trains educators to:

- Manage stress through a greater understanding and control of emotions
- Employ self-care techniques to cultivate personal and professional resilience
- Create effective strategies for relating to challenging situations
- Enhance concentration and executive function (planning, decision-making, and impulse control)
- Revitalize purpose, personally and professionally
- Improve your overall mental and physical health
- Promote happiness through healthy habits of the mind



SMART involves experiential practices that promote:

- Concentration, attention, and mindfulness
- Awareness and understanding of emotions
- Empathy and compassion

Weekly on Tuesdays,
July 31 – August 21, 2018

Retreat Wednesday
August 15, 2018 | 10am – 3pm

Estonian House
958 Broadview Ave,
East York, ON M4K 2R6

\$525 (includes materials)